

b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine, wherein said phospholipids are in a ratio of phosphatidylcholine and/or phosphatidylethanolamine to phosphatidylserine and/or phosphatidylinositol of 0.5 - 20 (wt/wt), and

c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc.--

[Amend claim 27 as follows:]

--27. (amended) The method according to claim 26, wherein the preparation further comprises at least one of hypericin and extract of *Withania somnifera*.--

[Amend claim 28 as follows:]

--28. (amended) The method according to claim 26, wherein the preparation further comprises citrate.--

[Amend claim 29 as follows:]

--29. (amended) The method according to claim 26, wherein the preparation further comprises tryptophan or a protein containing tryptophan.--

[Amend claim 30 as follows:]

--30. (amended) The method according to claim 26, wherein the Ω -3 fatty acids are selected from the group consisting of eicosapentaenoic acid and docosahexaenoic acid and the Ω -6 fatty acids are selected from the group consisting of arachidonic acid and dihomogammalinolenic acid.--

[Amend claim 31 as follows:]

--31. (amended) The method according to claim 26, wherein b) comprises phosphatidylcholine, phosphatidylethanolamine and phosphatidylserine.--

[Amend claim 32 as follows:]

--32. (amended) The method according to claim 26, wherein c) contains at least folate and vitamin B6.--

[Amend claim 33 as follows:]

--33. (amended) The method according to claim 26, wherein the preparation further comprises at least one member selected from the group consisting of SAMe, choline, betaine and copper.--

[Amend claim 34 as follows:]

--34. (amended) The method according to claim 26, wherein the preparation further comprises zinc and copper, wherein the weight ratio of zinc to copper is between 5 to 12.--

[Amend claim 35 as follows:]

--35. (amended) The method according to claim 26, wherein the preparation further comprises at least one member selected from the group consisting of carnitine, vitamin B1, vitamin B5 and coenzyme Q10.--

[Amend claim 36 as follows:]

--36. (amended) A method according to claim 26, wherein the preparation further comprises at least one antioxidant selected from the group consisting of vitamin C, vitamin E, lipoic acid, selenium salt and carotenoids.--

[Amend claim 37 as follows:]

--37. (amended) The method according to claim 26, wherein the preparation further comprises an extract of ginkgo biloba.--

[Amend claim 38 as follows:]

--38. (amended) The method according to claim 26, wherein the preparation further comprises vitamin D.--

[Amend claim 39 as follows:]

--39. (amended) The method according to claim 26, wherein the preparation comprises folate, citrate, at least one of hypericin and extract of *Withania somnifera*, and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

at least 120 mg of long chain polyunsaturated fatty acids;

at least 200 mg phospholipids;

at least 200 µg folate;

at least one of at least 0.1 mg hypericin and at least 100 mg extract of *Withania somnifera* and

at least 500 mg citrate.--

[Amend claim 40 as follows:]

--40. (amended) The method according to claim 39, wherein the preparation comprises eicosapentaenoic acid, docosahexaenoic acid, arachidonic acid, magnesium, zinc, vitamin B6 and vitamin B12 and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

at least 20 mg eicosapentaenoic acid;

at least 50 mg docosahexaenoic acid;

at least 50 mg arachidonic acid;

at least 200 mg phospholipids;

at least 200 µg folate;

at least one of at least 0.2 mg hypericin and at least 500 mg *Withania somnifera* extract;

D/1

at least 100 mg magnesium;

at least 5 mg zinc;

at least 2 mg vitamin B6;

at least 2 µg vitamin B12; and

at least 1.0 g citrate.--

Add the following new claim:

--41. (new) A method for the prevention/treatment of depression or depression related disorders, comprising administering orally to a person in need thereof a preparation which contains at least the following:

a) long chain polyunsaturated fatty acids comprising gamma-3 and gamma-6 fatty acids in an amount of at least 350 mg per day;

b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine, and

c) at least one compound which is a factor in methionine metabolism, selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc.--